



Schoolhouse Slow Food Day Trip Series

Updated 12 October 2013

Our new-for-2013 series of weekend Slow Food Day Trips are fun, family-oriented activities for visitors to the Mutianyu Great Wall area. These excursions are meant to extend the reach of our annual Slow Food Saturday Harvest Festival held every September and are part of The Schoolhouse's community outreach activities. Most of the activities take about one to three hours, leaving the rest of the day to explore independently the Great Wall and around our rural township.

We contribute organization, staffing, and administration by our sustainability programs team on a pro bono basis. The nominal activity charges cover the out-of-pocket cost of the series. Each September we will donate any accumulated un-spent charges to the elderly residents of our area on the Chongyang Jie holiday and will report this in the newsletter and here in the series documentation.

The Fine Print

These scheduled Day Trips are not available for booking by businesses or organizations but the programs may be available at other times from The Schoolhouse on a for-profit basis; enquiries welcome.

Participants who do not have their own transportation (or who wish to be eco-conscious) may sign up for our [School Bus Service](#) for the day of the activity. The cost of the transportation is in addition to the Day Trip Activity Charge. Participants with their own transportation should arrive at The Schoolhouse about 15 minutes before the scheduled activity. Payment of the bus fee and the Activity Charge is due in full upon arrival at The Schoolhouse.

There is a flat Activity Charge for all participants, whether adults or children. Unaccompanied children under age 16 are not permitted. Non-paying observers are not permitted.

We ask that any participant who is unable to attend an activity they have booked still undertake to pay the bus fee and Activity Charge because our non-profit project will have still incurred the costs as if he or she had attended. Thank you for your understanding.

Local transportation is provided solely for the convenience of participants and conveyance is at the sole risk of the passenger. Activities taking place outside of Schoolhouse-related venues are at the sole risk of the participant. Participating and/or paying the Activity Fee constitutes relieving The Schoolhouse and its agents of liability. Participants or their guardians will be required to sign a liability waiver prior to the start of the Activity as a condition of participation.

Subject to change without notice.

Get more info or register for a Slow Food Day Trip by emailing us at sfdaytrip@theschoolhouseatmutianyu.com. We'll need your name, number of people, and desired Day Trip date, as well as whether you will be on the Schoolbus and one-way or roundtrip. Reservations by Thursdays, 18:00, please, so we can make the arrangements, though walk-ins are welcome on a space-available basis.

Slow Food Day Trip Programs

2013

March

Sunday 24 March

Tofu Anyone?

Making Artisanal Tofu

Activity Charge: Rmb 60 Per Person, Limited to 12 Participants

Ever wondered how tofu (doufu) is made? The Schoolhouse sources artisanal doufu for our restaurants from several local peasant families. We've arranged for one of our suppliers to provide a demonstration in his home in a nearby village showing how he makes his tofu. The maker will sell tofu to take away. This program will be hosted by one of our sustainability team members bilingual in Chinese and English.

9:00-10:30 Kempinski Hotel to The Schoolhouse

14:00 Gather at Schoolhouse Parking lot

14:00-16:00 Tofu Anyone? (includes transportation time)

16:30 Depart back to Kempinski

April

Sunday 21 April

Get Your Hands Dirty...

Planting in Our Brickyard Garden

Activity Charge: Rmb 40 Per Person, Limited to 12 Participants

In 2012 The Schoolhouse grew 23 per cent of all the vegetables used in our various restaurants following organic principles with our own compost and harvesting most of the salad vegetables very young when they are most tender. This year we aim to continue to increase the absolute yield by planting more area and attaining a crop intensity of over 2.0. So we are planting

something new virtually every week from late March through November.

The planting program will be hosted by one of our agricultural specialists who speaks English and Chinese. There will be a briefing on our farming showing how we operate the fields followed by planting a patch. Each participant will be able to plant a row and we'll put a sign up saying who did the planting that will stay up through harvest. After the planting there will be a chance to wash up and then enjoy cold mint tea from our garden along with homemade cookies. Our specialist will be there to answer questions.

9:00-10:30 Kempinski Hotel to The Schoolhouse

14:00 Gather at Schoolhouse Parking lot

14:00-15:30 Getting Your Hands Dirty (includes transportation time)

16:30 Depart back to Kempinski

Sunday 28 April

What Do Peasants Eat?

Traditional Lunch with a Local Family

Activity Charge: Rmb 80 Per Person, Limited to 12 Participants

Within living memory the villages at Mutianyu were virtually isolated from the modern economy and the people eked a living foraging and growing fruits and vegetables for their own consumption. But they had already adopted foreign crops such as corn, peanuts, tomatoes, and chili peppers.

Join one of our bilingual sustainability specialists as guests for a simple but hearty lunch in a village home. Observe how the dishes are prepared and lend a hand (if the lady of the house will let you!). Once everything is done eat the meal together with your hosts. Our specialist will tell you about the ingredients and the dishes and assist you conversing with the hosts.

9:00-10:30 Kempinski Hotel to The Schoolhouse

11:00 Gather at Schoolhouse Parking lot

11:00-13:30 What Do Peasants Eat? (includes transportation time)

16:30 Depart back to Kempinski

May

Sunday 19 May

Get Your Hands Dirty...

Planting in Our Brickyard Garden

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14:00 Gather at Schoolhouse Parking lot

14:00-15:30 Getting Your Hands Dirty (includes transportation time)

16:30 Depart back to Kempinski

Sunday 26 May

Make Noodles, Not Hay

Demonstration & Hands-On Class at Xiaolumian

Activity Charge: Rmb 40 Per Person, Limited to 12 Participants

We make virtually everything that is served in our restaurants from scratch. Spend a fun hour watching one of our local cooks make the traditional noodles she learned from her own mother. Try your hand (it's not as easy as it looks!).

We'll boil up the noodles and offer a bowl of them with sauce to each participant. It won't be enough for a full lunch but it will whet your appetite whether you stay for lunch (charged extra), you've brought your own picnic (which you can eat in the adjacent village square), or you try the nearby village restaurant Beigalar. One of our bilingual specialists will be on-hand to interpret.

9:00-10:30 Kempinski Hotel to The Schoolhouse

11:00 Gather at Schoolhouse Parking lot

11:00-12:00 Make Noodles, Not Hay (includes transportation time)

16:30 Depart back to Kempinski

June

Sunday 2 June

Mrs. Wang's Dumplings

Making Fried Sweet Sorghum Yuan Xiao

Activity Charge: Rmb 60 Per Person, Limited to 12 Participants

Yuan Xiao are required fare for traditional holidays. The local people still plant small crops of sorghum and grind it on the village millstones so they will have fresh flour to make these beloved sticky dumplings. Mrs. Wang, who taught us how to make these tasties, likes to stuff her dumplings with rough brown sugar and chopped local walnuts. Come and watch her (or one of our cooks) make and cook the dumplings and then eat them all fresh out of the pan. Yummy! One of our sustainability specialists who speaks both English and Chinese will tell about the dumplings and interpret your questions.

9:00-10:30 Kempinski Hotel to The Schoolhouse

14:30 Gather at Schoolhouse Parking lot

14:30-15:30 Mrs. Wang's Dumplings (includes transportation time)

16:30 Depart back to Kempinski

Sunday 23 June

Honey (I Ate the Kids?)

Visiting a Local Beekeeper

Activity Charge: Rmb 80 Per Person, Limited to 12 Participants

The Schoolhouse sources honey for our restaurants from several local beekeepers who serve the surrounding orchards and produce small amounts of fruit honey. We've arranged for one of our suppliers to provide a demonstration in his home in a nearby village showing how keeps bees and makes honey. The maker will sell honey to take away. This program will be hosted by one of our sustainability team members bilingual in Chinese and English.

9:00-10:30 Kempinski Hotel to The Schoolhouse

14:00 Gather at Schoolhouse Parking lot

14:00-16:00 Honey (I Ate the Kids?) (includes transportation time)

16:30 Depart back to Kempinski

July

Sunday 21 July

Honey (I Ate the Kids?)

Visiting a Local Beekeeper

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14:00 Gather at Schoolhouse Parking lot

14:00-16:00 Honey (I Ate the Kids?) (includes transportation time)

16:30 Depart back to Kempinski

Sunday 28 July

What Do Peasants Eat?

Traditional Lunch with a Local Family

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Join one of our bilingual sustainability specialists as guests for a simple but hearty lunch in a village home. Observe how the dishes are prepared and lend a hand (if the lady of the house will let you!). Once everything is done eat the meal together with your hosts. Our specialist will tell you about the ingredients and the dishes and assist you conversing with the hosts.

9:00-10:30 Kempinski Hotel to The Schoolhouse

11:00 Gather at Schoolhouse Parking lot

11:00-13:30 What Do Peasants Eat? (includes transportation time)

16:30 Depart back to Kempinski

August

Sunday 4 August

Replenishing the Land...

Composting for Good

Activity Charge: Rmb 40 Per Person, Limited to 12 Participants

Sunday 11 August

How Sweet It Is...

Picking Ripe Corn in Our Field

Activity Charge: Rmb 40 Per Person, Limited to 12 Participants

Pick an ear, shuck it, and we'll boil it up for you to eat. You pick more and we'll sell to you at market price.

Sunday 18 August

Sorghum on the Grindstone

Activity Charge: Rmb 80 Per Person, Limited to 12 Participants

Sunday 25 August

Help Plant Our Fall Cabbage

Activity Charge: Rmb 40 Per Person, Limited to 12 Participants

September

Sunday 15 September

Harvest Chestnuts at the Schoolhouse Orchard

Rmb 40 Per Person, Limited to 12 Participants

We will sell you what you pick at market rates.

Sunday 22 Septmeber

Harvest More Chestnuts

Rmb 40 Per Person, Limited to 12 Participants

October

Sunday 13 October

Chongyang Jie at Mutianyu

Dancing with the Old Folks

Activity Charge: Rmb 120 Per Person, Limited to 12 Participants

Chongyang Jie is a traditional Chinese holiday that focuses on celebrating the

elderly. To show our respect, and to give back to the local community, The Schoolhouse donates the total revenue from our annual charity events plus additional contributions on this day. This year we will be donating a total of 50,000 Rmb to support the elderly of Mutianyu, Beigou, and Tianxianyu.

We are happy to invite you to celebrate together with the villagers. You will witness the festivities of the Chongyang Jie ceremony and the happy faces of elderly at their own festival. Following the ceremony there will be a special lunch to wind down from the days celebrations.

9:00-10:30 Kempinski Hotel to The Schoolhouse
11:10 Gather at Schoolhouse Courtyard
11:30-13:30 celebration at Mutianyu Village Town Hall
16:30 Depart back to Kempinski

Sunday 20 October

What to Do with All Those Chestnuts?

Activity Charge: Rmb 40 Per Person, Limited to 12 Participants

Chestnut is a typical fruit from our area. Rich in protein chestnuts can be used as a substitute for rice. In Mutianyu, we are now experiencing the end of the chestnut harvest season. This activity is a hands on workshop with our chef, who will teach participants two simple recipes utilizing this crop. The participants will help make the dishes and taste them. We will distribute printed recipes as well.

9:00-10:30 Kempinski Hotel to The Schoolhouse
10:30-12:00 Workshop
16:30 Depart back to Kempinski

November

Sunday 3 November

Help Harvest Our Cabbage

Activity Charge: Rmb 40 Per Person, Limited to 12 Participants

Cabbage is the main vegetable in Fall gardens in North China. In the Mutianyu area, villagers plant cabbage in August and harvest in November every year. Harvesting of cabbage stands for the end of the planting season. These cabbages will be dried under sunshine for a while and then stored in an underground root cellar for use all winter long. Come and join us to experience how those huge cabbages are harvested from the field and learn to cherish your food!

9:00-10:30 Kempinski Hotel to The Schoolhouse

14:50 Gather at Schoolhouse Courtyard

15:00-16:00 Go to Brickyard field and harvest cabbages

16:30 Depart back to Kempinski

December

No programs are scheduled.

2014

Check Back Later.